

WIC Training Call

10.30.2013

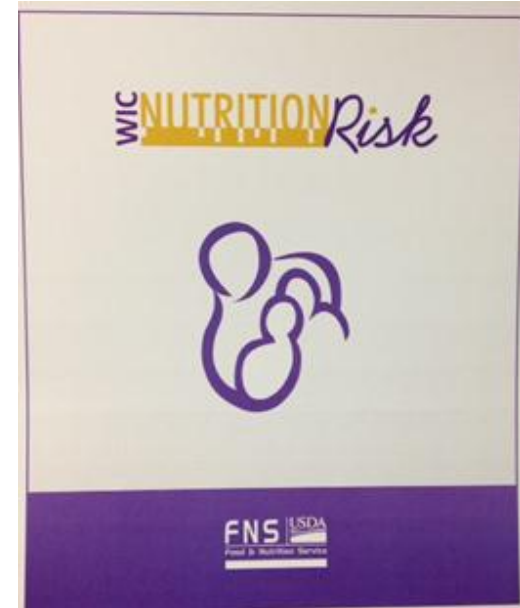
- **USDA Nutrition Risk Criteria Update**



- **Procedure Manual Volume 2**
- **Nutrition Education**
- **Questions & Answers**

WIC Nutrition Risk

- USDA Risk Number
- Definition/Cut-off Value
- Justification
- References
- Implications for WIC Nutrition Services



Nutrition Risk Update

- Food Allergies - 353
- Celiac Disease - 354
- Lactose Intolerance - 355

4A

- Intended to increase understanding of these specific risk criteria
- Do not change the procedure for assigning the criteria

Food Allergies

- Common food allergens:
 - Cow's milk
 - Eggs
 - Peanuts
 - Tree nuts
 - Wheat
 - Soy
 - Shellfish

Food Allergy Symptoms

- May not involve IgE-mediated response
 - Gastrointestinal symptoms
 - More chronic symptoms
- Food protein-induced enterocolitis syndrome
- Food protein-induced proctocolitis

Infants may require an extensively hydrolyzed or amino acid-based formula

Food Allergies

Gastrointestinal Disorders

- Used when diagnosis is Gastroesophageal Reflux Disease (GERD)

Risk Code 4A or 4D?

WIC PROCEDURE MANUAL VOLUME 2



WIC Procedure Manual - Nutrition Services

Volume II - Nutrition Services

Introduction	<ul style="list-style-type: none"> State WIC Staff
Anthropometric Assessment	<ul style="list-style-type: none"> Growth Charts for Infants and Children Measuring Length Height and Weight Prenatal Weight Gain Chart
Biochemical Assessment	<ul style="list-style-type: none"> Blood work Requirements Hemoglobin Technique Infection Control and Universal Precautions
Breastfeeding	<ul style="list-style-type: none"> Breastfeeding Friendly Clinic Environment Breastfeeding promotion and Support Breastpump Policy General Information Guidelines for a Breastfeeding Peer Counseling Program Issuance of Manual Breastpumps Issuance of Single User Breast Pumps Loan of Multi User Breast pumps
Certification	<ul style="list-style-type: none"> Certification Periods Presence of Children at Certifications Proof of Pregnancy
Nutrition Education	
Nutrition Risk Criteria	<ul style="list-style-type: none"> Risk Criteria for Breastfeeding Women Risk Criteria for Children Risk Criteria for Infants Risk Criteria for Postpartum Women Risk Criteria for Pregnant Women
Nutrition Services Appendix	<ul style="list-style-type: none"> 101 – Underweight Women 103 – Underweight or at Risk of Underweight 111 – Overweight Women 113 – Obese Children 2-5 Years of Age 121 – Short Stature or At Risk of Short Stature 131 – Low Maternal Weight Gain 132 – Maternal Weight Loss During Pregnancy 133 – High Maternal Weight Gain 134 – Failure to Thrive 135 – Inadequate Growth 141 – Low Birth Weight and Very Low Birth Weight 142 – Prematurity 153 – large for Gestational Age 201 – Low Hematocrit Low Hemoglobin 211 – Elevated Blood Lead Levels 301 – Gestational Diabetes 303 – History of Gestational Diabetes 304 – History of Preeclampsia

Providing Nutrition Education

- Offer nutrition ed related to clients interests, concerns, category or risk
- Use interests expressed by client during assessment to offer potential topics to discuss
- Offer discussion based on previous areas of interest from care plan

My client has NO INTEREST

- Anticipatory Guidance

Nutrition Education Materials

- Complement and support what YOU communicate
- Use in a respectful and interactive way

Printed materials don't..

- Mean you have finished your job
- Mean that the client is interested in the information in the handout
- Mean that the client understands the information in the handout
- Mean that the client has accepted the information in the handout

Nutrition Education

- Can happen with or without printed materials

Client wants to work on....

- Use the clients words
- Individualized – not a generic or standard statement used for all clients of a particular category
- Useful for follow-up?

● QUESTIONS?